V.3

FLEXY SERIES

SPINAL MOBILITY

MOVEMENT BY DAVID

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PREFER USING AN APP?

Follow along for free on the Ganbaru App!

Tap for Android here.

Tap for Apple here.

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You have successfully completed this program.

09 **Premium Content**
Continue your flexibilty journey with premium content.

Tap to Navigate

Welcome!

Over the next four weeks, this program will guide you to remarkable improvements in spinal mobility. Your dedication to this journey is pivotal as you navigate through this ebook. Picture the outcomes: fluid movement, deep ranges of motion, and greater athleticism. By fully committing, you invest in your long-term well-being and unlock your potential. Remember, each stretch and exercise propels you toward a healthier, more vibrant self. Wishing you the best of luck, and remember to STAY FLEXY. - David

ABOUT THE PROGRAM

GOAL

This program aims to make your spine more mobile.

DIFFICULTY LEVEL

This is fundamentally a beginner-oriented program designed to give you the least amount of work and the most gains.

DURATION

This program spans over four weeks, during which you'll engage in three separate workouts per week, each on different days.

Tap to play

This program includes instructional videos! Tap on this icon ▶ to play the videos!

THE WARM UP

Always Warm Up!

Before each workout session, please complete this warm up routine to ensure safety and optimal performance.

EXERCISE	SETS	REPS
Cherry Pickers	1	30
Hip Stirs	1	10 EACH WAY

FAQS

01 How long should I continue the program after the initial four weeks?

You can keep doing this program again and again as long as you want! But if you stop seeing progress, it's time to level up. Paid programs here!

02 If I miss a day in the routine, what should I do?

You can perform the stretching routine on any three days of the week as long as you complete them within the week. If you miss a day, you can continue on the next day. Consistency is important.

03 Is it possible to modify the program if I have pre-existing mobility issues?

Modifying the program is possible. However, if you have pre-existing mobility issues, it's crucial to consult a healthcare professional or a qualified instructor. They can provide tailored modifications and exercises to ensure a safe and effective practice.

04 Is it normal to feel discomfort while doing stretches?

Stretches may cause slight discomfort, but they should never be painful. Listen to your body, modify stretches if needed, and avoid pushing beyond your limits.

05 Is warming up before these exercises necessary?

If you want to get the most out of this ebook... yes. But I have a warmup video you can follow here.

06 Is it okay to pair these exercises with other types of exercise?

Yes! :)

WEEK 1

WEEK 1 DAY 1

WARM UP

1 Cat Cow

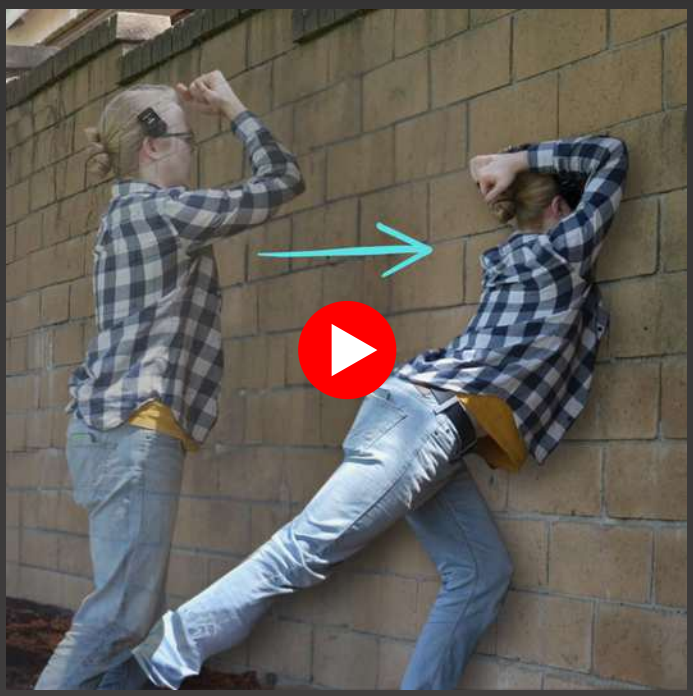
Sets 2 Reps 10

2 Seated Active Twist Hold

Sets 2 Time 30 Seconds

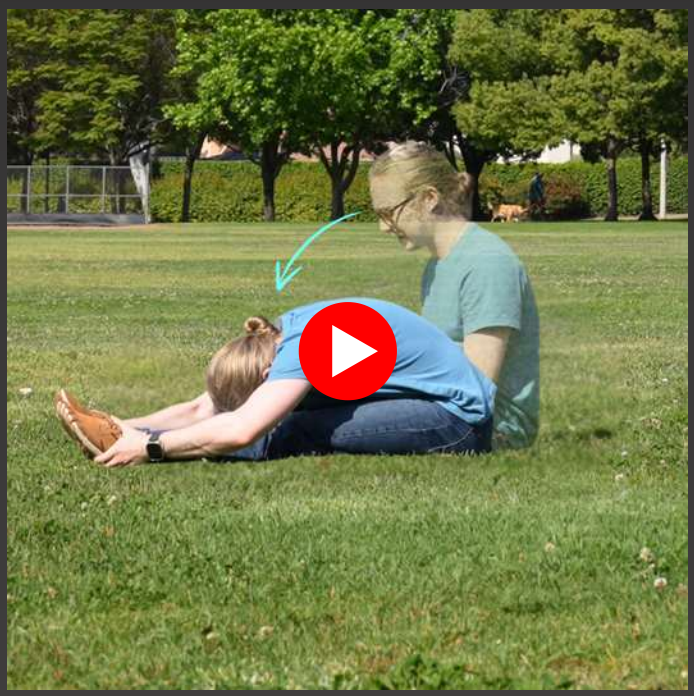
3 Lat Stretch

Sets 2 Time 30 Seconds



4 Seated Pike

Sets 2 Time 30 Seconds

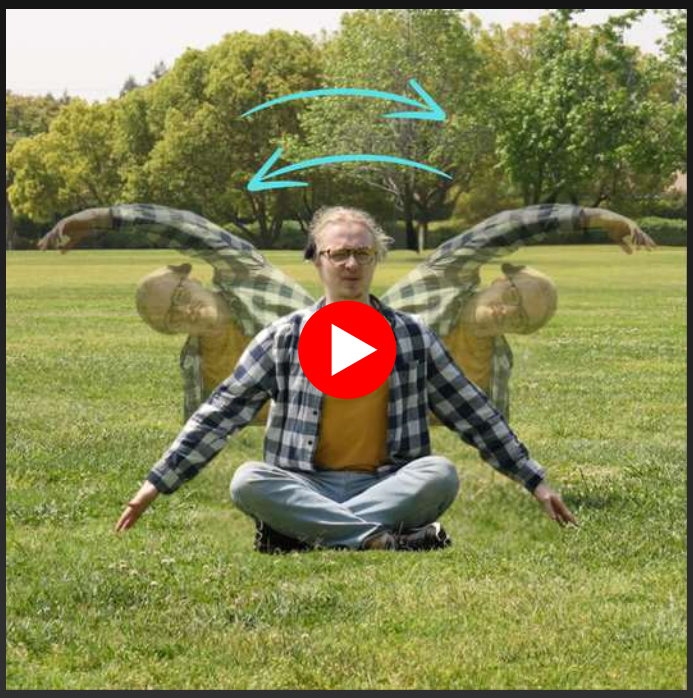


WEEK 1 DAY 2

WARM UP

1 Lateral Stretch

Sets 2 Time 30 Seconds



2 Side Plank Lifts

Sets 2 Reps 10

3 Thread the Needle Hold

Sets 2 Time 30 Seconds

4 Seal Pose

Sets 2 Time 30 Seconds

WEEK 1 DAY 3

WARM UP

1 Cat Cow

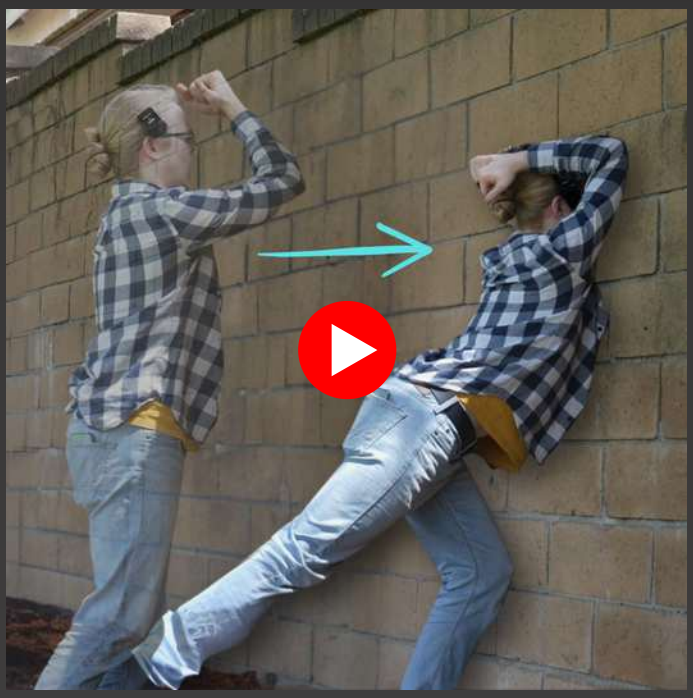
Sets 2 Reps 10

2 Seated Active Twist Hold

Sets 2 Time 30 Seconds

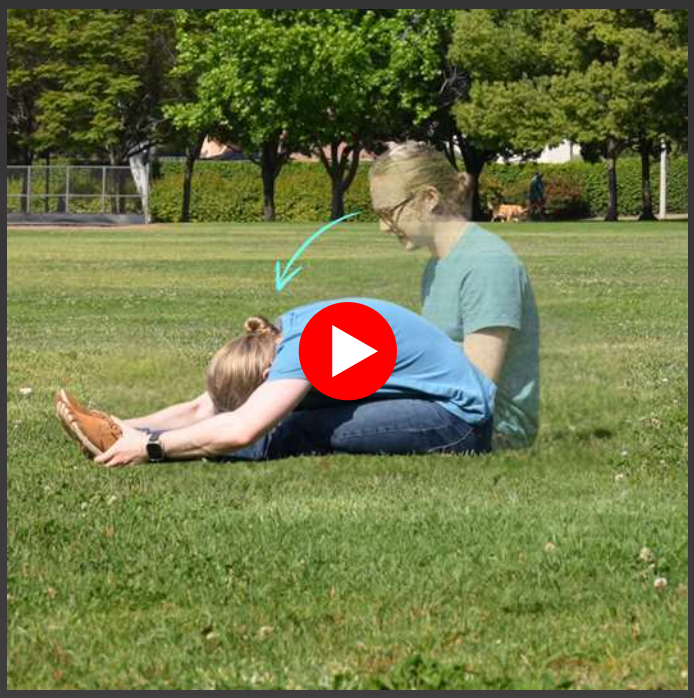
3 Lat Stretch

Sets 2 Time 30 Seconds



4 Seated Pike

Sets 2 Time 30 Seconds



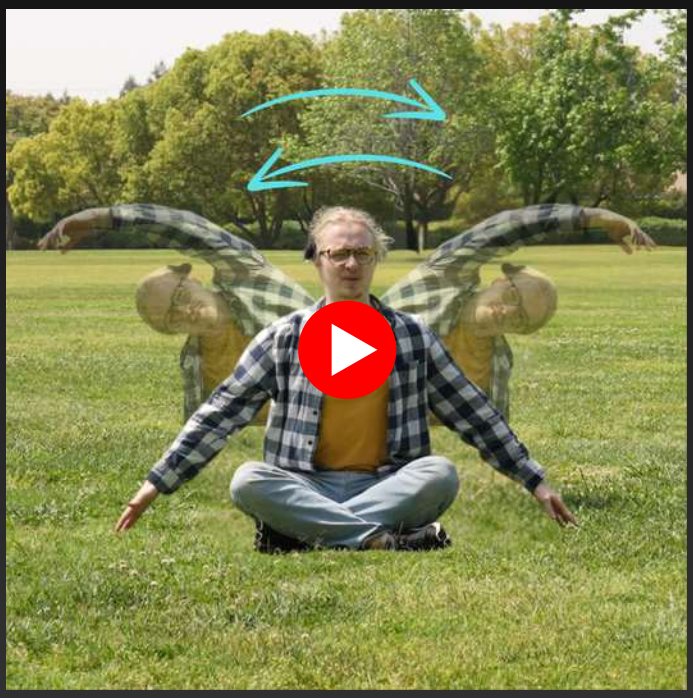
WEEK 2

WEEK 2 DAY 1

WARM UP

1 Lateral Stretch

Sets 2 Time 30 Seconds



2 Side Plank Lifts

Sets 2 Reps 10

3 Thread the Needle Hold

Sets 2 Time 30 Seconds

4 Seal Pose

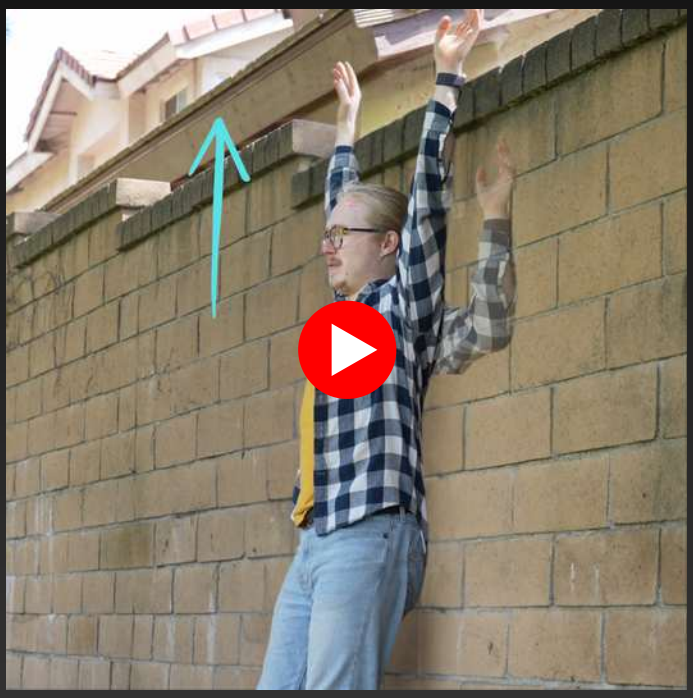
Sets 2 Time 30 Seconds

WEEK 2 DAY 2

WARM UP

1 Wall Angels

Sets 2 Reps 10



2 Roll Down

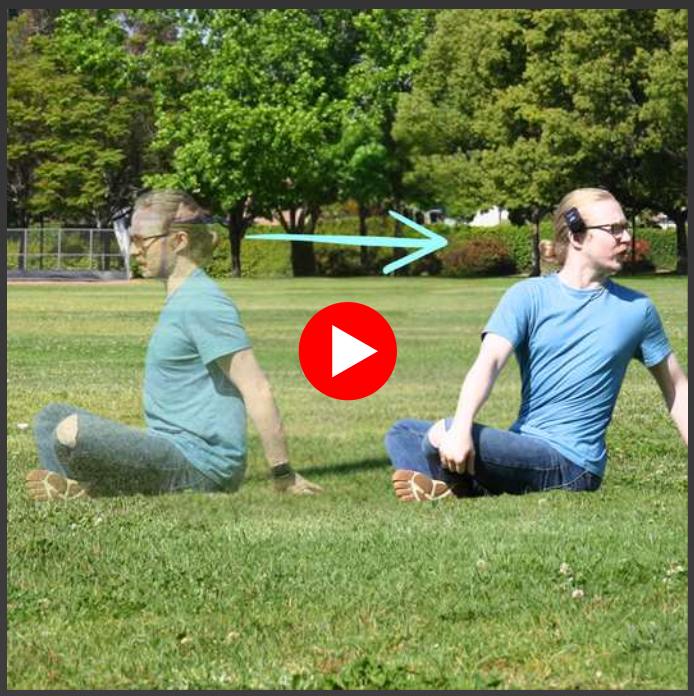
Sets 2 Reps 10

3 Wall Extension

Sets 2 Time 30 Seconds

4 Seated Passive Twist Hold

Sets 2 Time 30 Seconds



WEEK 2 DAY 3

WARM UP

1 Cobra Push-ups

Sets 2 Reps 10 Each Side

2 Spine Stretch

Sets 2 Reps 10 Each Side

3 Lunging Side Bend

Sets 2 Reps 10 Each Side

4 Thread the Needle Reps

Sets 2 Time 30 Seconds

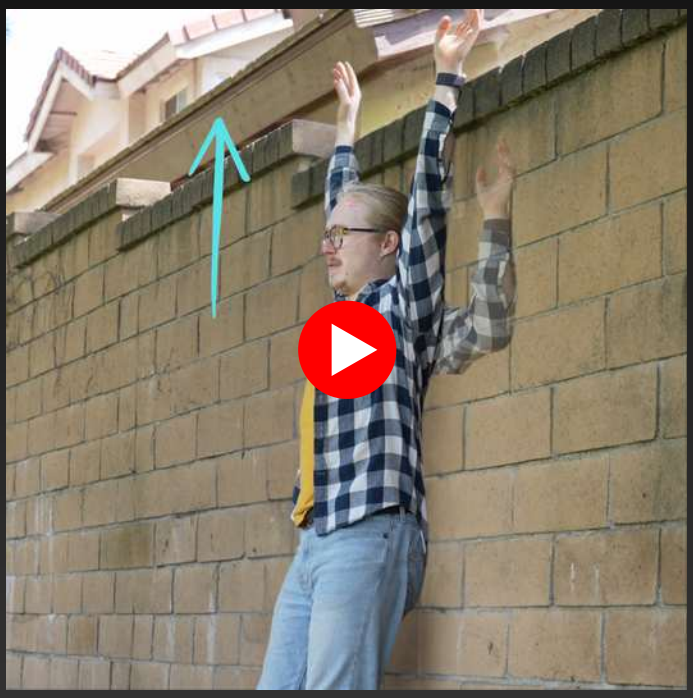
WEEK 3

WEEK 3 DAY 1

WARM UP

1 Wall Angels

Sets 2 Reps 10



2 Roll Down

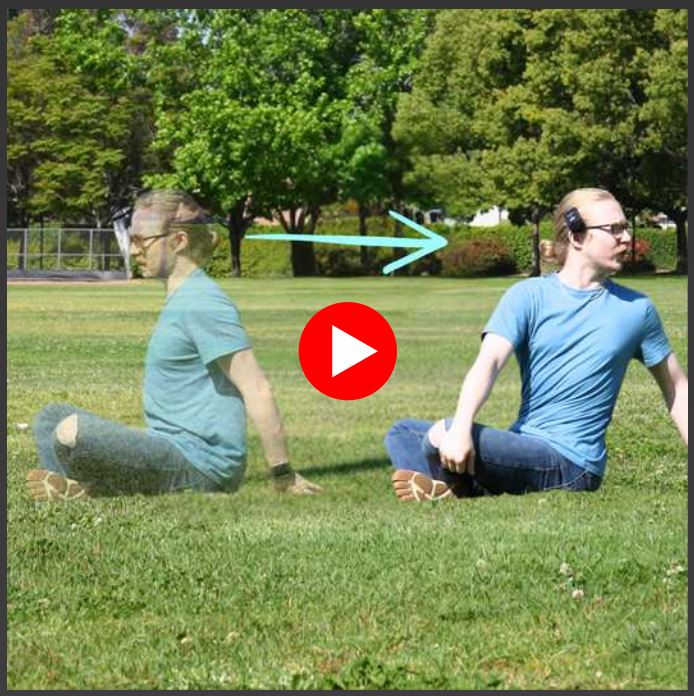
Sets 2 Reps 10

3 Wall Extension

Sets 2 Time 30 Seconds

4 Seated Passive Twist Hold

Sets 2 Time 30 Seconds



WEEK 3 DAY 2

WARM UP

1 Cobra Push-ups

Sets 2 Reps 10 Each Side

2 Spine Stretch

Sets 2 Reps 10 Each Side

3 Lunging Side Bend

Sets 2 Reps 10 Each Side

4 Thread the Needle Reps

Sets 2 Time 30 Seconds

WEEK 3 DAY 3

WARM UP

1 Basic Back Extension

Sets 2 Reps 10

2 Hollow Hold

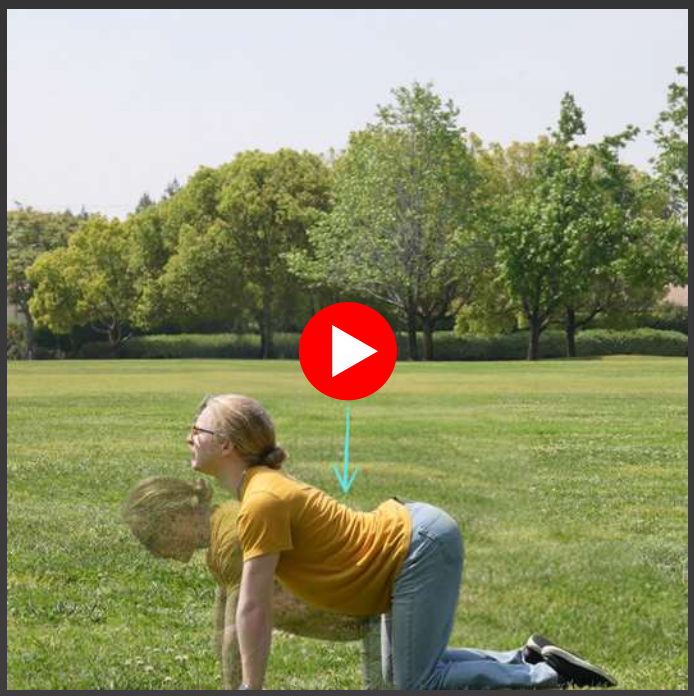
Sets 2 Time 30 Seconds

3 Cat

Sets 2 Time 30 Seconds

4 Cow

Sets 2 Time 30 Seconds



WEEK 4

WEEK 4 DAY 1

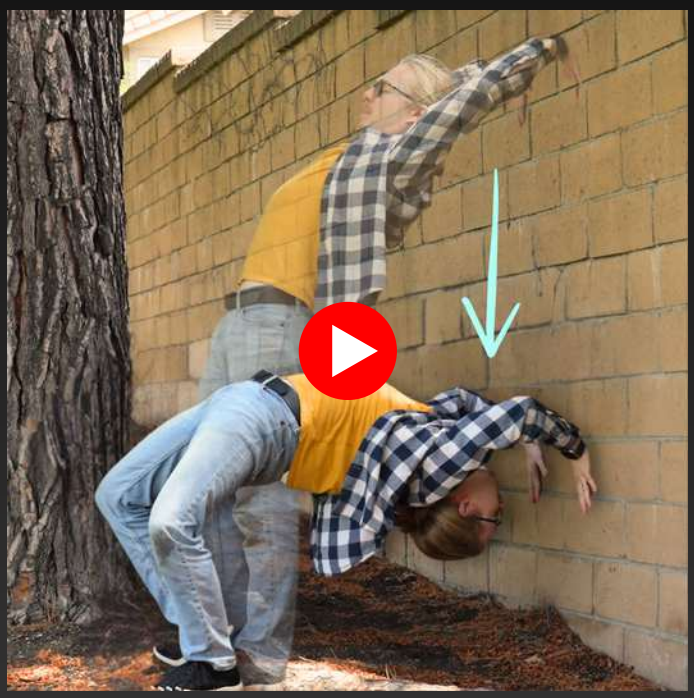
WARM UP

1 Seated Roll Downs

Sets 2 Reps 10 Each Way

2 Wall Backbend Walkdown

Sets 2 Reps 10



3 Double Elephant

Sets 2 Reps 15

4 Bridge Hold

Sets 2 Time 30 Seconds

WEEK 4 DAY 2

WARM UP

1 Basic Back Extension

Sets 2 Reps 10

2 Hollow Hold

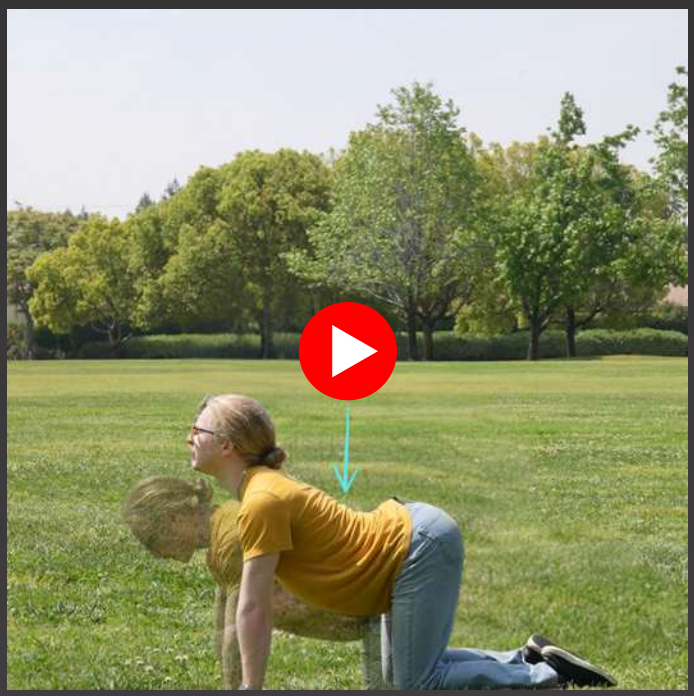
Sets 2 Time 30 Seconds

3 Cat

Sets 2 Time 30 Seconds

4 Cow

Sets 2 Time 30 Seconds



WEEK 4 DAY 3

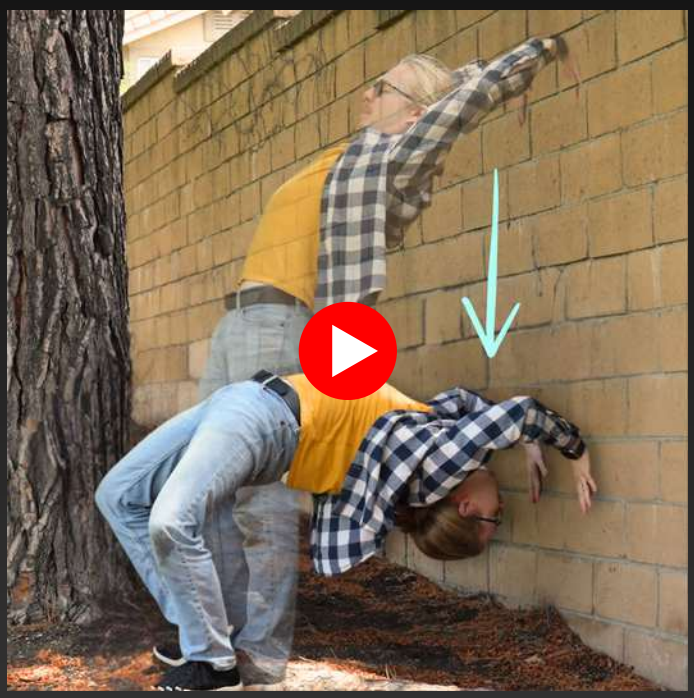
WARM UP

1 Seated Roll Downs

Sets 2 Reps 10 Each Way

2 Wall Backbend Walkdown

Sets 2 Reps 10



3 Double Elephant

Sets 2 Reps 15

4 Bridge Hold

Sets 2 Time 30 Seconds

CONGRATULATIONS!

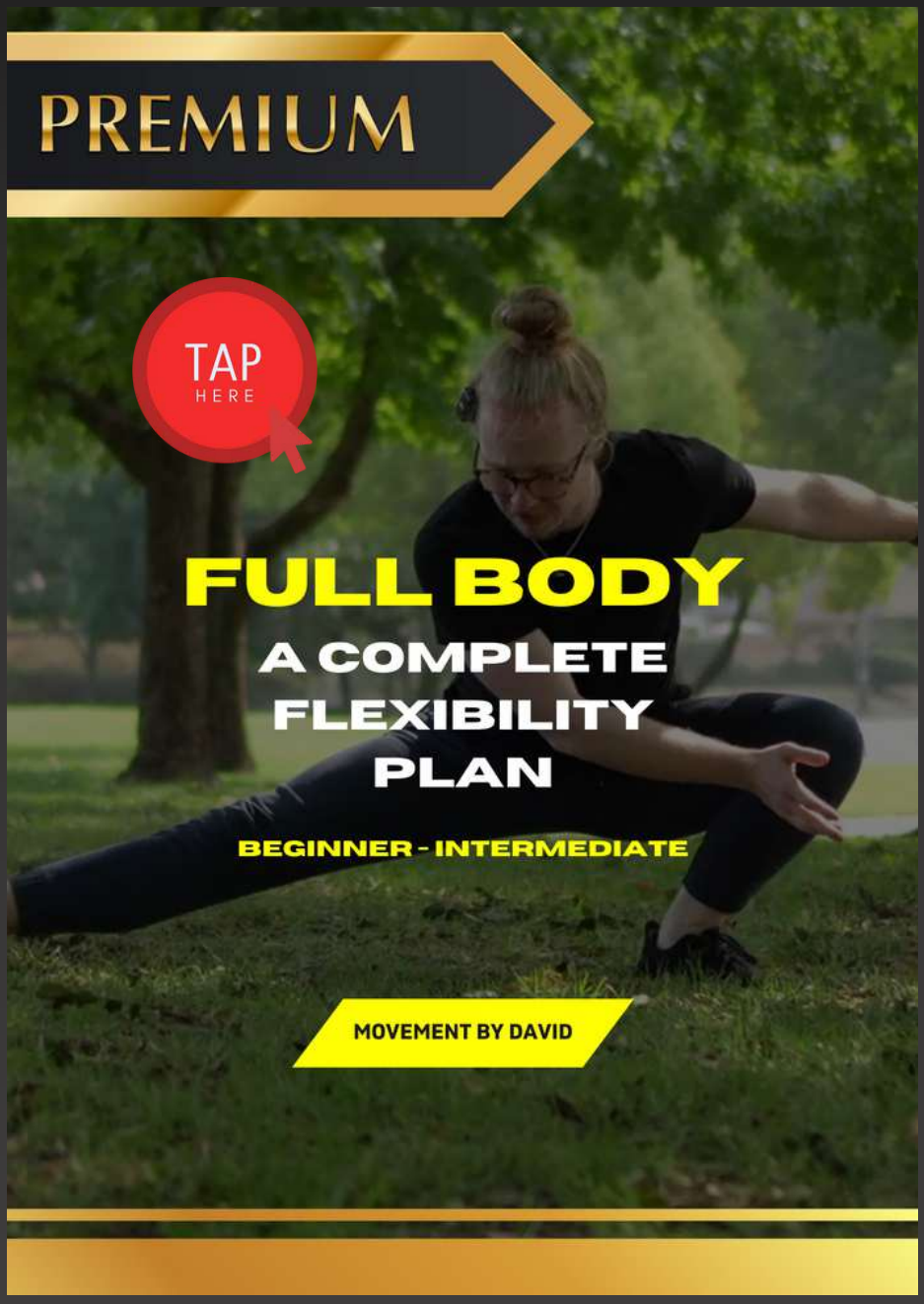
Great job finishing the Program! You are more than welcome to repeat it as long as you are making progress! But if you stop making gains, it's time for an upgrade. Below are 12-week programs from me on Ganbaru. Ganbaru is a comprehensive health and fitness app that streamlines nutrition and training. And the best part... you get more than just my programs!

USE CODE "FLEXYBOOKS"
FOR 50% OFF! DON'T FORGET!

I've partnered with top coaches specializing in bodybuilding, calisthenics, CrossFit, and gymnastics on Ganbaru to offer you a comprehensive fitness experience that addresses all your needs. Incorporate my programs alongside others to enhance flexibility, strength, fitness, and overall health!

PREMIUM EBOOK

*Prefer this eBook format over the Ganbaru app? No problem! I created **FULL BODY: A COMPLETE FLEXIBILITY PLAN**—a premium 4-week program designed to help you achieve complete flexibility. With guided routines, embedded instructional videos, and a step-by-step structure, it's everything you need in one easy-to-use eBook.*



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